

# The Art of Living Fully

We live in interesting times. On the one hand, we are going through a sea of changes, giving us hope for a better tomorrow, and on the other, we are facing hardships while coming to terms with the fact that every major change brings with it

some level of adversity.

Time reminds us that every moment counts. It urges us to seize opportunities, embrace change, and make the most of what life offers. It teaches us to pause, reflect, and realign our priorities. So, let us

not let time slip through our fingers — let us embrace the present, listen to our inner voice, and make every second meaningful.

This week we bring forth a range of articles focusing on the diverse aspects of Ramadan. Keeping in mind that Women's

Day is also around the corner, we feature some of the trailblazing women of our society.

Enjoy reading Star Lifestyle!

— LS Desk



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